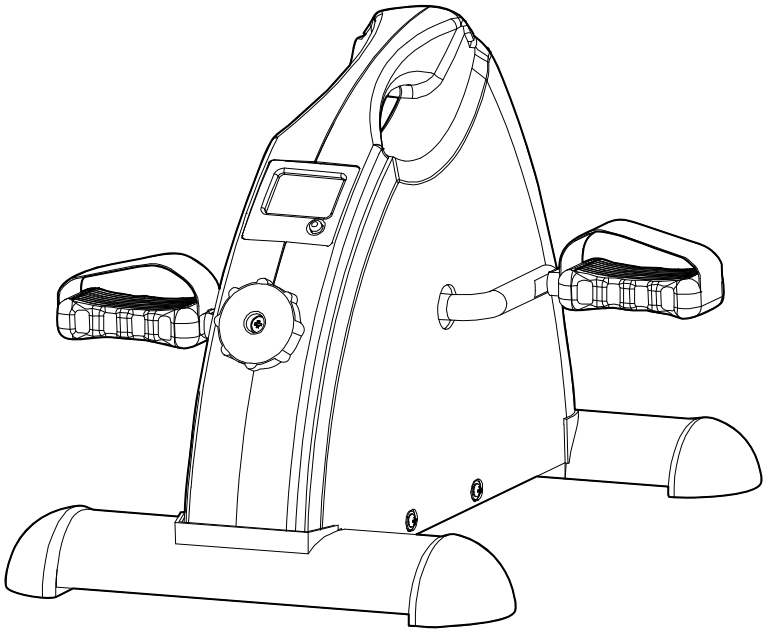
Mini Bike

Assembly & User Instructions - Please keep for future reference | 910/2727

PRO FITNESS



Important

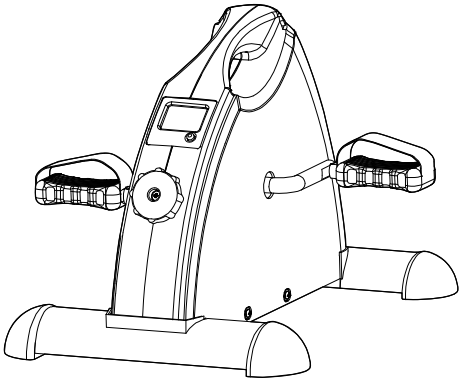
These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the **Customer Helpline: 0845 6000 464**

03SEP2012

Contents

Safety Information	**3**
Components - Parts	**4**
Assembly Instructiions	**5**
Computer Operation	**6**
Exercising Information	**7-10**
Before starting to exercise	7
Muscle chart	8
Warming up and cooling down exercises	9
Care and Maintenance	**11**
Exploded Parts Diagram	**12**
Exploded Diagram Parts List	**13**



⚠ Safety Information

– Please read fully before assembly or using

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Mini Bike. In particular, note the following safety precautions:

Assembly

- Check you have all the components and tools listed, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the work area, small parts could choke if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- Position the equipment on a clear, level surface.
- Dispose of all packaging carefully and responsibly.

Using

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only. **Do not** use in any commercial, rental, or institutional setting.
- Before using the equipment to exercise, always do stretching exercises to properly warm up.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. wear loose or baggy clothing, since it may get caught in the equipment. Wear athletic shoes to protect your feet while exercising.
- Place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- This product is suitable for user's weight of: 100kg
- This product conforms to: (BS EN957) - PARTS 1 and 5 class (H) - Home Use - Class (C).
- This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

Battery safety

- Warning: Incorrect installation of batteries may cause battery leakage and corrosion, resulting in damage to the computer.
- Do not mix old and new batteries, or batteries of different types.
- Do not dispose of batteries in a fire.
- Do not dispose of batteries with normal household waste, take to a local recycling centre.

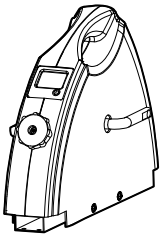
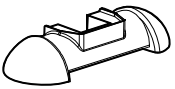
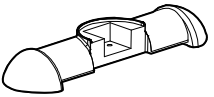
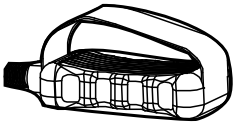
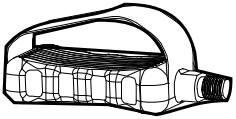
⚠ ***Warning***: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
You MUST read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Components - Parts

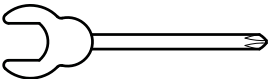
If you have damaged or missing components, call the **Customer Helpline: 0845 6000 464**

Please check you have all the parts listed below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.

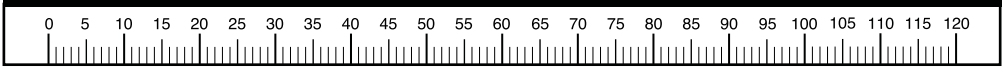
 Main Frame	**2**  Front Stabilizer x 1	**3**  Rear Stabilizer x 1
28R  Pedal (Right) x 1	**28L**  Pedal (Left) x 1 Thread and can only be attached screwing anti-clockwise.	**4** Screw (M6x20mm) x 4

Tools required



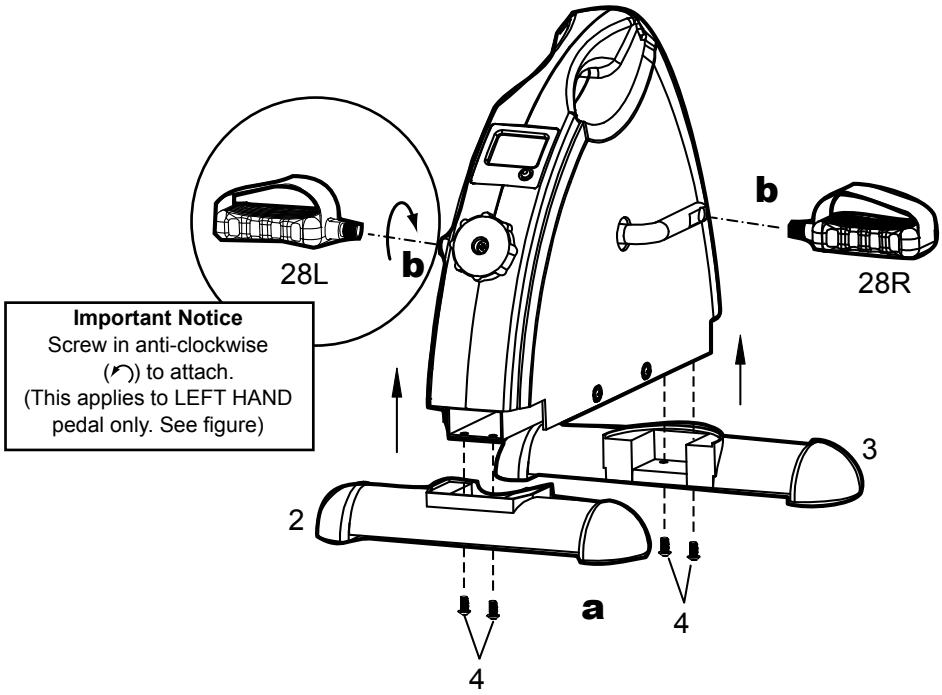
Tool x 1

Ruler - Use this ruler to help correctly identify the screws.



Note: Cut out this page to help fixing identification during assembly.

Assembly Instructions



Step

a. Fix the Front Stabilizer (2) to the Main Frame with two Screws (4).

Fix the Rear Stabilizer (3) to the Main Frame with two Screws (4).

b. Connect the Right Pedal (28R) to the crank arm.

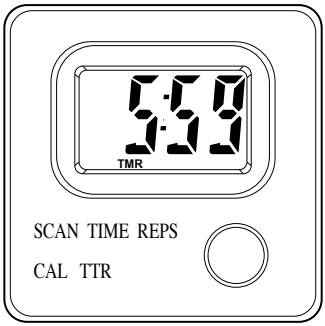
Connect the Left Pedal (28L) to the crank arm.

Note : The Left Pedal (28L) has a L/hand thread and can only be fitted to the left side and screws counter anti-clockwise.

Computer Optration

Function Button

SCAN / TIME / REPS / CAL /
TTR (TOTAL COUNT)



Functions

Reset : Press and hold the button for more than 2 seconds this will reset all function values to zero.

Scan : Press the button repeatedly until SCAN appears, monitor will automatically cycle between TIME, REPS, CAL, TTR every 5 seconds.

Time (unit=minute/second): Press the button repeatedly until TIME appears, to count up the elapsed time.

REPS (Count) : Press the button repeatedly until REPS appears, to show the count from riding start to end.

TTR (Total Count) : Press the button repeatedly until TTR appears, indicates the total time of the workout.

Calories (Unit=Calorie) : Press the button repeatedly until CAL appears, to count the calorie usage.

NOTE:

1. *Press 'MODE' button or start exercise will turn the power on.*
2. *Without any signal transmitted to the computer for 5 minutes, the LCD will shut off automatically.*
3. *The computer operates with 1pc 1.5v LR44 battery.*

How to replace the battery

1. Loosen the 2 screws on chain cover slightly. One screw is near to the carriage handlebar. Another is near to the computer.
2. Remove the computer from the chain cover and distconnect the sensor wire.
3. Remove the old battery from the battery holder on the back of computer.
4. Install a new battery into the battery holder.
5. Re-connect the sensor wire.
6. Insert the computer onto the chain cover.
7. Tighten the 2 screws.

Exercising Information

PRO FITNESS

Before starting to exercise

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

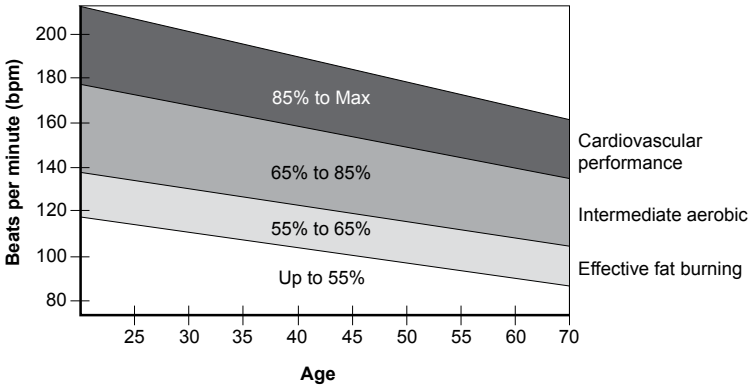
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone.

Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface at least 3 feet from walls and furniture.

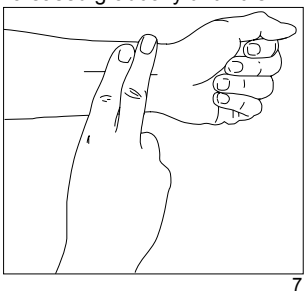
Exercise intensity

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your head rate is 140 beats per minute. (A six-seconds count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



Muscle chart

Aerobic Exercise

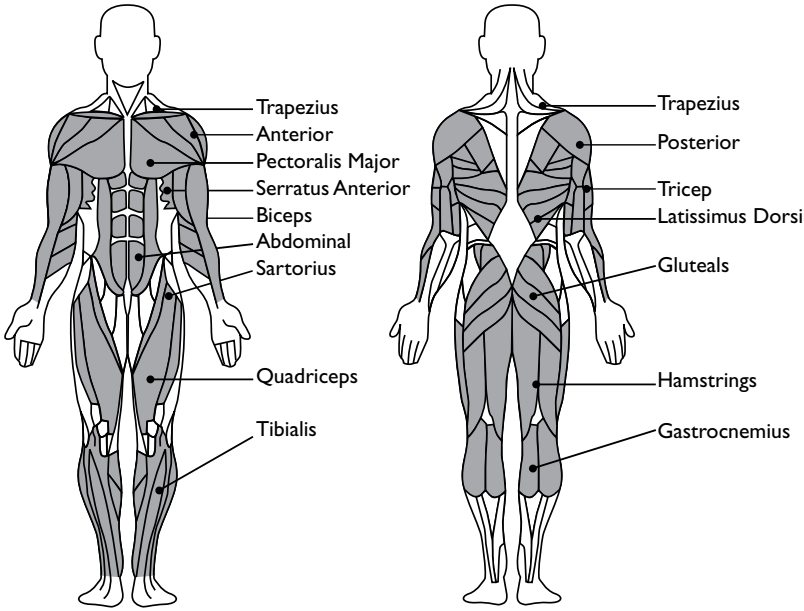
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

Weight Training

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps. As always, consult your doctor before beginning any exercise program.

Targeted Muscle Groups

The exercise routine that is performed on the Mini Bike will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.



Exercising Information

PRO FITNESS

Warming up and Cooling down exercises

Each workout should include the following three parts:

1. A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
2. Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (***Note***: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

Suggested Stretches

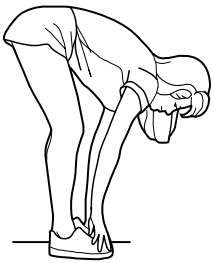
For a correct warm up, see the following basic stretching exercises. Move slowly as you stretch, never bounce.

Toe touch stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times.
: Hamstrings, back of knees and back.



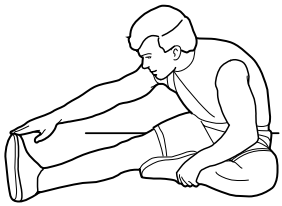
Hamstring stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



Exercising Information

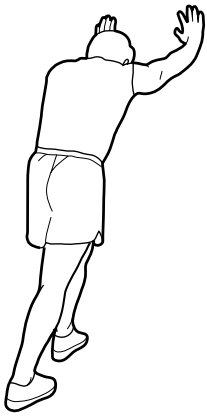
Calf/achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, then relax.

Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.



Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gentle pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.

Inner thigh stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times.

Stretches: Quadriceps and hip muscles.

Care and Maintenance

Using the Equipment

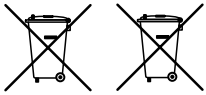
1. Examine the equipment periodically in order to detect any damage or wear which may have been produced.
2. Lubricate moving parts with light oil periodically to prevent premature wear.
3. Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and do not use the equipment again until it is in perfect working order.
4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
5. Do not attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved service agent or the Customer Helpline: **0845 6000 464**

Guarantee:
For guarantee purposes, please retain your purchase receipt.

Information for Users on Disposal of old Equipment and Batteries (European Union only)

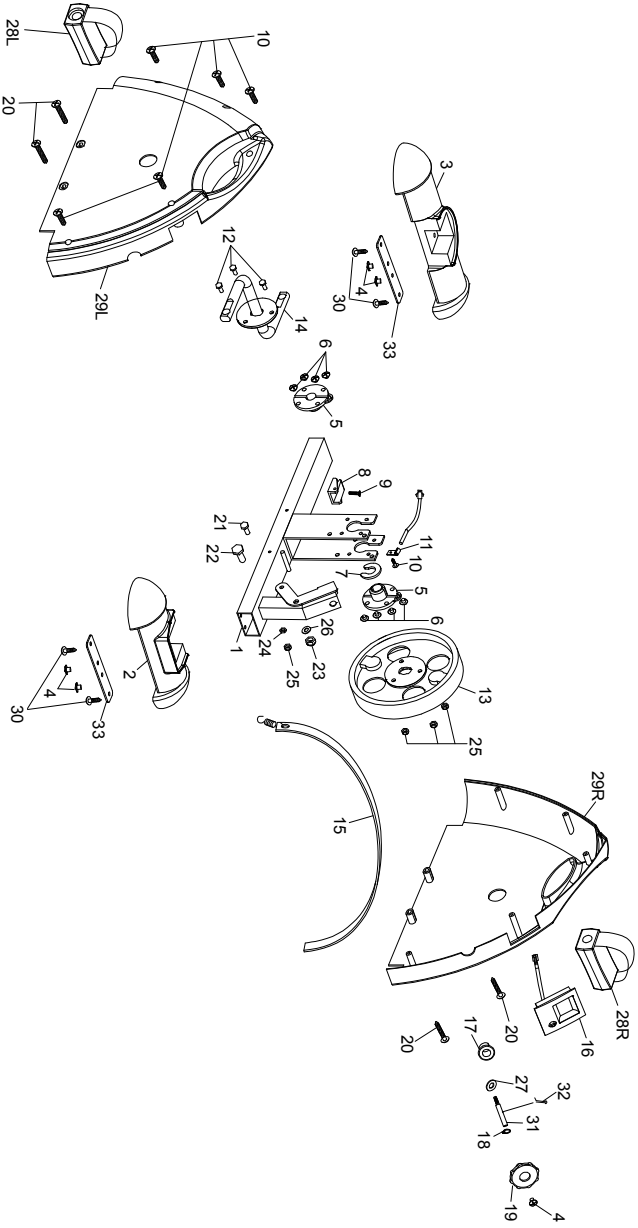
These symbols indicate that equipment with these symbols should not be disposed of as general household waste. If you want to dispose of the product or battery, please consider the collection systems or facilities for appropriate recycling.

Notice: The sign Pb below the symbol for batteries indicates that this battery contains lead.



Products **Battery**

Exploded Drawing



Parts List

Part	Description	Qty	Part	Description	Qty
1	Main frame	1	18	C Clip	1
2	Front Stabilizer	1	19	Knob	1
3	Rear stabilizer	1	20	Self-Tapping Screw (ST5 x 35mm)	4
4	Screw (M6 x 20mm)	5	21	Hex Head Bolt (M6 x 30mm)	1
5	Bracket for Crank	2	22	Hex Head Bolt (M8 x 40mm)	1
6	Screw (M6 x 10mm)	8	23	Nylon Locknut (M8)	1
7	C-Type Spacer	1	24	Nut (M6)	1
8	Strap Bracket	1	25	Nylon Locknut (M6)	4
9	Screw (M6 x 15mm)	1	26	Flat Washer (ø8 x ø17)	1
10	Self-Tapping Screw (ST4 x 15mm)	6	27	Flat Washer (ø10 x ø20)	1
11	Sensor Bracket	1	28R	Pedal (Right)	1
12	Hex Head Screw (M6 x 20mm)	3	28L	Pedal (Left)	1
13	Flywheel	1	29	Chain Cover	2
14	Crank	1	30	Self-Tapping Screw (ST5 x 15mm)	4
15	Strap	1	31	Bolt	1
16	Computer	1	32	Pin	1
17	Eye Bolt	1	33	Stabilizer Plate	2